

Hillside News

Hillside News



JULY 2019



724 Delaware Ave
Bethlehem, PA 18015

(610) 691-6700
Fax: (610) 867-2332

Our doors are open to you!

**Do you have a question, concern, or is something bothering you?
Come talk to us so that we can help you solve it.
NURSING HOME HOTLINE (610) 336-9604**

If you have a question, concern, or complaint, which you believe has not been satisfactorily addressed by our staff, feel free to call our Administrative Hotline. Our Hotline can also be used to report suspected fraud, waste and abuse in accordance with the federal Deficit Reduction Act of 2005. The Hotline number is posted throughout the facility. An Administrative Assistant will take calls, or you can record a message when no one is available. Please follow the instructions when leaving a recorded message. Your call is confidential, but you do need to provide your name and telephone number, in case we need to contact you for more information, and to inform you of the action taken. You can report Fraud, Waste and Abuse to the Lehigh

*A Community with Hearth Offering
Individualized Care and Excellent Service.*

Jason Cumello, MBA, NHA
Director/Administrator

Michelle Julian, RN, BSN, MS
Assistant Administrator

MeAlaa-Eldin A. Mira, M.D.
Medical Director

Teresa Samuels
Director of Nursing

Tara Pendrak, RN
Assistant Director of Nursing

Keisha McCollin-Bulluck
Human Resources Administrator

Alice K. Christman, CTRS
Director of Life Enrichment

Erin West, CTRS
Assistant Director of Life Enrichment

Kerry Magliane
Volunteer Coordinator

Gabe Robinson
Director of Social Services

Melanie Murphy
Social Worker

Heidi Heffelfinger
Social Worker

Ashley Merkel
Social Worker

Amber Surman
Social Worker

Jackie Mistiszyn
Director of Business Development

Karen Carr
Director of Dining Services

Jean Waitkaitis
Assistant Director of Dining Services FH

Ricardo Cintado
Director of Environmental Services

Rodney Taylor
Assistant Director of Environmental FH

Eduardo Fernandes
Director of Facilities

John Pol
Building Supervisor

Jessica Shields, MS, OTRL
Director of Rehab

Deb Weiner
Assistant Director of Rehab

Laura Stone
Chaplain, Faith Services



**Happy
BirthDay!**
To our Residents with July Birthdays!



WELCOME

TO OUR NEW RESIDENTS

Carol Andrashko
Jean Klutsarrits
Pura Minaya
Richard Miller
William Trabel
Robert Barnes
Virginia Bailey
Richard Leh
Maria Santos



Welcome

NEW EMPLOYEES!

Nursing:

Winsome McDonald

<u>NAME</u>	<u>UNIT</u>	<u>BIRTHDAY</u>
Gloria Bermudez	4	July 1
Dinorah Comacho	3	July 2
Ivette Reyes	5	July 9
Sixta Gonzalez	3	July 10
Richard Garza	4	July 11
Anne Levan	1	July 13
Jeanne Freed	1	July 16
Virginia Durfey	3	July 17
Richard Gemmel	2	July 17
Elise Doster	4	July 17
Nancy Ueberroth	4	July 21
Mary Knepper	2	July 22
James Crockett	2	July 24
Jacquelin Williams	3	July 25
Ana Cruz Munoz	5	July 27
Cecilia Oliveras	5	July 28
Grace Hammer	4	July 29
Jean Edwards	4	July 29
Kathryn Szakacs	5	July 30



A Sincere
Thanks
HAPPY ANNIVERSARY!
Thank you for being an essential part of our success!

<u>Employee</u>	<u>Department</u>	<u>Years</u>
Bobbi Jo Hennessy	RAD	24
Paul Rhode	Nursing	20
Maribel Ford	Nursing	17
Brian Sadrovitz	Nursing	16
Sonia Johnson	Nursing	16
Josh Yost	Environmental	14
Claudie Jean-Louis	Nursing	13
Catarina Pintor Chica	Nursing	12
Lillian Torres	Environmental	12
Nichole Regits	Nursing	10
Lisa Culver	Nursing	8
Ashley Haas	Nursing	7
Millie Delgado	Nursing	6
Christopher Daniel Nickerson	Nursing	6
Brenda Hernandez	Nursing Office	6
Janine Williams	Nursing	4
Doris Fiordoliza Marte	Nursing	4
Caitlyn Marie Wallbillich	Nursing	2
Ahmed Ibrahim Gomaa	Nursing	2
Grether Camilo-Hernandez	Nursing	1
Carmen Oronos-Paraiso	Nursing	1
Melanie Murphy	Social Services	1
Laqaun Gillison	Laundry	1



We sincerely appreciate your hard work and efforts throughout the years. Thank you for your many wonderful years of service and dedication.



PART I

*Chaplain's Corner***Psalm 27:****Seeing the Goodness of the Lord in the Land of the Living**

[of David] ¹*The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?* ²*When evildoers assail me to eat up my flesh, my adversaries and foes, it is they who stumble and fall.* ³*Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.* ⁴*One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.* ⁵*For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will lift me high upon a rock.* ⁶*And now my head shall be lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy; I will sing and make melody to the LORD.* ⁷*Hear, O LORD, when I cry aloud; be gracious to me and answer me!* ⁸*You have said, "Seek my face." My heart says to you, "Your face, LORD, do I seek."* ⁹*Hide not your face from me. Turn not your servant away in anger, O you who have been my help. Cast me not off; forsake me not, O God of my salvation!* ¹⁰*For my father and my mother have forsaken me, but the LORD will take me in.* ¹¹*Teach me your way, O LORD, and lead me on a level path because of my enemies.* ¹²*Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence.* ¹³*I believe that I shall look upon the goodness of the LORD in the land of the living!* ¹⁴*Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!*

(Source: Crossway Bibles. The Holy Bible, English Standard Version Good News Publishers/Crossway Books. Kindle Edition.)

PART II

*Chaplain's Corner***Reflection on Psalm 27:****Seeing the Goodness of the Lord in the Land of the Living**

I love the psalms, especially this one Psalm 27, because psalms teach us that prayer is personal, that it really is about talking to God as if we would a close and trusted friend. God is holy and far above us, but God is also present with us. My mother used to say, “God is never so far as to be near,” meaning that God is so completely close to us that even nearness is far away for God. To put it plainly, we live every moment in God’s presence, because that is what God wants. In just speaking to God, whether aloud or in our heart, God is listening, because He is nearer than we can understand or imagine.

A pastor named Dr Agnes Norfleet gives a wonderful reflection on Psalm 27, as she relates the images to the ancient Celtic belief in what are called “thin places”: places where a person feels close to the presence of God. The Celts were the ancient peoples of Ireland, Scotland, and Wales. For the pre-Christian Celts, the “thin places” were often shorelines, rivers, and wells, sources of water that came from a deep, mysterious place. As the Celts became Christian, they also applied this sense of the holiness of God to an awareness of His presence in a place or in a moment of the day.

Agnes Norfleet explains that it is not the physical place itself that is holy, but the fact that it brings us to remember God’s presence. Think of the times or places that remind you of God’s presence: a garden, a church sanctuary, a starry sky, a sleeping infant, a close conversation with a family member or a friend. I once stood at the back of the sanctuary of my church, at the people who were gathering in the pews, young and old, greeting each other, and said to God in my heart: yes, here You are, present among these people!

Norfleet points out that in the first verses David calls God “my light” and that this is the only place in the Old Testament where God is described as my light, my very own personal light. And in those same first verses, David also describes a very real and familiar sense of fear and danger, but at the same time still expresses trust in God as his “stronghold” and “salvation”. We relate to the place where David is, as he faces fear with trust in God. Even times of fear are times of calling to mind the presence of God, of it being a “thin place” where we can feel close to God as we cry out to Him.

David also speaks to God of the moments of gazing upon His beauty, of seeking His face, and of knowing that he will be in the presence of God in the land of the living, here and now, and will see God’s goodness through the eyes of faith. He speaks aloud of a close and personal relationship with God, and does this as his own words to God, his own prayer of praise and petition. David knows God is present, that there is no separation between himself and God. Ask yourself this evening, as the day quiets down: where did I meet God today? Agnes Norfleet suggests that we make this reflection our evening prayer. It takes practice, to focus on God’s presence in the day. Norfleet gives an excerpt from a Celtic Christian prayer which can help us to think about the closeness of God in our day. It goes like this: The place I call home is where my heart is at rest. And my heart is most at rest when it turns to God in prayer. So wherever I pray is home. My prayer for you is that you see the goodness of the Lord in the land of the living, in whatever way God reveals it to your heart.

Chaplain Laura Stone
Cedarbrook Senior Care, Fountain Hill

Thank you to everyone who came out to support the
Cedarbrook Fountain Hill
Annual
Car & Motorcycle Show!



The Cedarbrook Dream Catchers would like to thank all of the car and motorcycle owners, the volunteers, and Wegmans and Wawa for supplying donations for the Car Show. Thank you for helping make this annual event a success!

***Funded by Lehigh County
tax payer dollars***

Although we discourage residents from keeping money and valuables in their room, we realize that many of you will choose to do so. Therefore, we would like to offer these tips to help you keep your money and valuables safe from loss or theft. Since you have access to the money in your account during normal business hours, Monday through Friday, we suggest that you only withdraw the amount you need for immediate use. If you need larger sums of money for gifts or to reimburse your family members for purchases made on your behalf, we suggest that you contact Financial Services to arrange for payment by check. If you choose to keep money and valuables in your room, we highly recommend that you secure such items in the locked drawer of your bedside cabinet. Keep your key with you, or keep your key out of sight in a safe place. As soon as you realize that your money or property is missing, it is important to report it immediately to the Charge Nurse. Cedarbrook will not assume responsibility for replacing missing property kept by residents on their person or in their room, however, we will take action to investigate, and try to recover your property if possible. Finally, we ask that you help us maintain a current inventory of your personal property. Any property that you purchase or receive during your stay should be added to your Valuables Received after Admission Form, including a description of the property. This information is essential when trying to locate missing items.

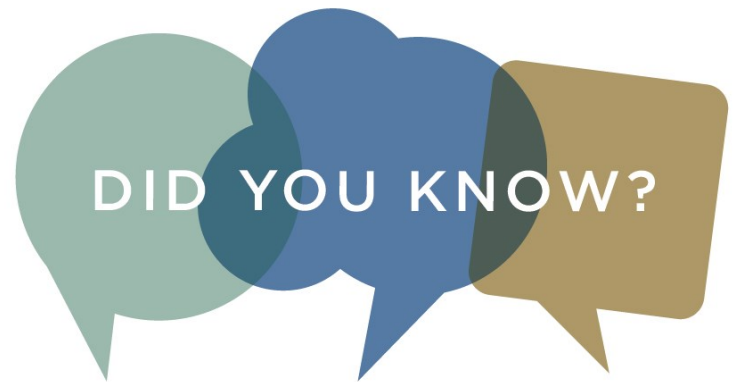


Memorial Service
Thursday, July 11th
2:30 p.m.

Residents' Council
Thursday, July 18th
2:30 p.m.

Food Committee
Thursday, July 18th
Following Residents' Council

**All meetings are held in the
1st Floor Main Dining Room.*



You can become a member of the
FOUNTAIN HILL AUXILIARY
for just \$1.00!

**You can meet friends and relatives of
residents and help us in any way you
choose to enrich their lives.**

***No Auxiliary Meeting in July or August.**

Help us Celebrate Christmas in July!

With assistance from the Life Enrichment Dept., residents are preparing to make **gift boxes to give to children in the pediatric unit at a local hospital.**



The gift boxes will be separated by boy or girl and ages 0-2; 2-4; and 5-9. Please join us by donating the following items:

Toddler or infant activity items

Rattles

Items for cribs

Packaged underwear

Hair ties

No tangle conditioning spray

Sippy cups

**** Any monetary donations will be used to purchase the above items to be used in the gift boxes ****

A Donation box will be located in the lobby.

Donations will be accepted until July 12th.

Thank you for your support!



Cedarbrook Volunteers Are **VERY IMPORTANT PEOPLE**

As you look forward to summer, take the time to reflect back on your cherished memories of summers gone by. Think about the fun you have had and how you might be able to share those experiences with our residents. Maybe it will be fishing in our well-stocked brook or helping residents enjoy one of the outdoor concerts, our car show, or even just taking residents outside to enjoy the nice weather on the patio. There are so many ways you can spend an hour or two and make a difference in the life of a resident; while making a new memory for you to cherish. There are opportunities to help - days evenings or on the weekends at both locations. Helping others is one of the best gifts you can give yourself. To quote Helen Keller: “The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.” Here are some ways you can help.

- ◆ Transport volunteers are needed to transport residents to in-house appointments and activities at both locations, days, evenings, and weekends. Help with our programs is always greatly appreciated.
- ◆ We are always looking for volunteers who would like to visit with residents, paint residents’ nails, or take residents outside when the weather is nice.
- ◆ Do you know a High School student who would like to volunteer/do community service hours? We offer opportunities for students at both Cedarbrook locations. The summer is a great time to work on getting those hours done, while helping others.
- ◆ Help is needed for our Christmas in July Sale being held on Wednesday July 24th 9am-11am. We are in need of some helpers for transporting residents around the sale or working the tables. Volunteers can sign up for any time between 8:30 am to 11:30am.

Check your calendar; see if you have a few hours you could volunteer to help at Cedarbrook. Our residents and staff would love to have your help, contact me at 610-336-5684 or kerrymagliane@lehighcounty.org to sign up.



Facilities



- * **ATTENTION** visitors and staff: For the safety of our residents please do not use push pins in resident rooms.
- * Any electronic item must be inspected and labeled by facilities before installation in any resident rooms.
- * Residents having difficulties with their equipment such as lights, radios, flat screen televisions, wheelchairs, beds, etc., please contact your Unit Manager, Unit Clerk or Social Worker for a work order to be sent to Facilities for repairs.

Wireless access to the Internet is now available at Cedarbrook Allentown and Fountain Hill.

Residents with wireless devices such as laptops, notebooks, tablets (Kindle, Nook, etc.) may request access through their Social Worker or Abigail Dennis, Administrative Secretary.

Our PC Specialist will assign a unique username and password, which must be kept confidential.

Visitors may request access at the switchboard. Usernames and passwords for visitors will automatically expire after three days.



HealthDrive
bringing integrated healthcare to you

Attention families and friends:

HealthDrive is our current Dental provider. Should you receive any information from them, please correspond appropriately.

Thank You!

Cedarbrook Senior Care & Rehabilitation

Call us today!
610-395-3727

ABOUT US ALLENTOWN FOUNTAIN HILL CONTACT



Find Convenience, Care and Comfort Here.
LEARN MORE

Quality Care Lehigh County Families Count On.



Rehabilitation Services

Skilled Nursing

Independent Living

Memory Support

Visit us on
www.cedarbrookseniorcare.com

Cedarbrook launched its first official website, designed to inform Lehigh County residents - and the world at large - about the quality services and operations provided here. It also offers dropdowns for both Allentown and Fountain Hill locations, with directions, departmental listings and the newsletters, posted every month.

On the home page are slider segments that promote the institution and that will change from time to time.

A highlight of the front page is the "Ratings & Reviews" section at the bottom where Cedarbrook users can submit their opinions on the quality of services.

Please visit the site often, and please let your family and friends know about it.

www.cedarbrookseniorcare.com
is copyrighted by Cedarbrook Senior
Care & Rehab.

*Those we love don't go away,
they walk beside us everyday.
Unseen, unheard but always near
so loved so missed so very dear.*



In Loving Memory

Stephanie Truchan

Hursell Hinds

Frances Tyler

Althea Chamberlain

Frances Mangold



2019 July Dates to Celebrate!

- ❖ National Make a Difference to Children Month
- ❖ Celebrating Summer Fun Month
- ❖ Celebrating Patriotism Month
- ❖ National Ice Cream Month
- ❖ BIRTHSTONE— Ruby (Contentment)
- ❖ FLOWERS - Larkspur (Alt.— Water Lily)
- ❖ COLORS— Green and Russet



JULY Dates to Remember.....

1. Hershey Kisses Day
2. Halfway Point of 2019— At noon today, 182.5 days of the year have passed!
3. Compliment Your Mirror Day
4. Independence Day! 
5. Anniversary of the Debut of the Bikini. It was introduced in Paris, France in 1946. 
6. National Fried Chicken Day
7. First day of National Laundry Workers’ Week— Thanks for all you do!
8. National Blueberry Day 
9. National Sugar Cookie Day
10. Don’t Step on a Bee Day
11. All American Pet Photo Day
12. Student Intern Appreciation Day
13. International Puzzle Day
14. Shark Awareness Day 
15. I Love Horses Day
16. District of Columbia Day— In 1790, George Washington made D.C. the new seat of government for the U.S.
17. Anniversary of the Opening of Disneyland, Anaheim, CA, 1955
18. National Caviar Day
19. National Daquiri Day
20. Moon Day- 50th Anniversary of U.S. Astronauts Landing on the Moon, 1969 
21. National Ice Cream Day
22. Hammock Day 
23. Gorgeous Grandma Day!
24. National Tell an Old Joke Day
25. National Hot Fudge Sundae Day
26. Anniversary of the Release of Disney’s animated movie, Alice and Wonderland, 1951
27. Bugs Bunny’s Birthday, 1940 
28. 11th Annual Auntie’s Day
29. Global Tiger Day
30. Father-in-law Day 
31. National Mixed Breed Day



Celebrating a birthday or special occasion?

Contact Abbi Dennis in Administration
Ext. 2341 to reserve a room.

All food items, including fresh fruit or vegetables for the residents must be in a bag or a container.

Please do not leave food and drinks unattended in the dining room, activity rooms or other public areas. Please dispose of leftover food/drinks properly. Some residents have food and fluid restrictions, and having access to unattended food and drinks could be harmful.

Our Mission

It's all about

C.H.O.I.C.E.S.
at Cedarbrook Nursing Homes

*A Community with Heart Offering
Individualized Care and Excellent Service.*

Adopted October 2006

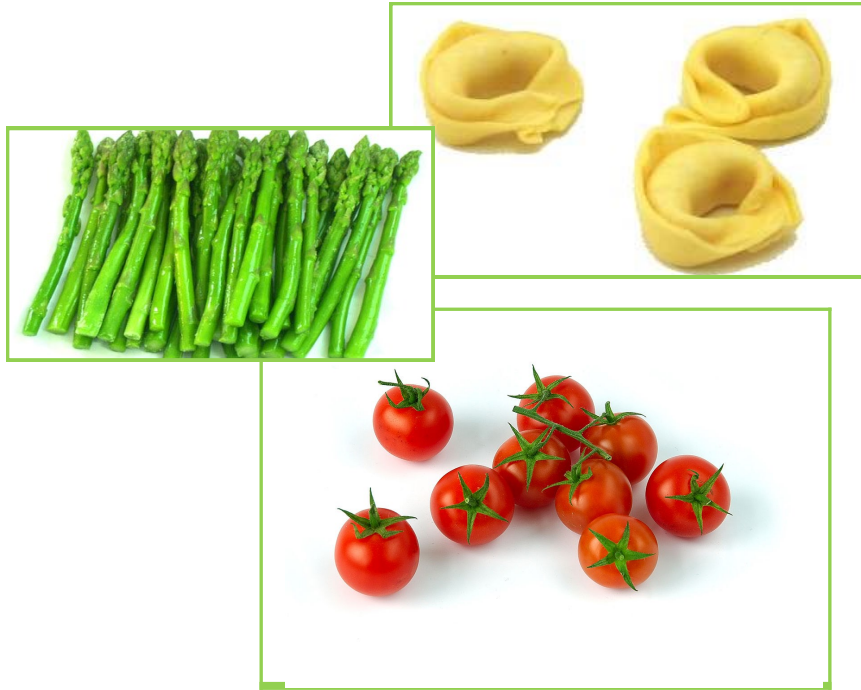
Any Suggestions?

LET US KNOW

When writing to share positive comments, complaints, or suggestions for improvement, please include your name and contact information. We take your comments seriously, and we may need to ask questions, and, of course, we'll want to share with you the action taken to address your concerns.

LOST AND FOUND

Lost and Found is located at the Receptionist Desk in the lobby. Many items await the claim of their rightful owner. Please stop at the Receptionist to see if any items belong to you.



Asparagus & Tomato Pesto Tortellini

Ingredients

- ◆ 4 cups frozen tortellini
- ◆ 1/2 bunch asparagus cut in 2 inch pieces
- ◆ 1/2 cup pesto
- ◆ 1 pint cherry tomatoes halved
- ◆ 1/4 cup fresh shredded Parmesan
- ◆ Salt and pepper to taste
- ◆ Garnish: Fresh basil

Directions

1. Cook the tortellini according to package instructions.
2. Remove the tortellini from the water and allow to cool.
3. In the same pot of water quickly submerge the asparagus. Allow to cook for 3 minutes. Remove from water and place in an ice bath to stop the cooking.
4. Mix all the ingredients in a bowl.
5. Garnish with fresh basil.
6. Serve immediately or chilled.

ENJOY!



VACATION Word Scramble



- 1) IERUCS _____
- 2) INGASNTUHB _____
- 3) DIPHSNLO _____
- 4) AIDLSN _____
- 5) MTIISWU _____
- 6) BCHAE LEOWT _____
- 7) SLSEUSANS _____
- 8) EGEGTHSNISI _____
- 9) MISWMIGN _____
- 10) ETJ SIK _____
- 11) GBOEIO AODRB _____
- 12) SRPTOSPA _____
- 13) LIPERAAN _____
- 14) ETRLAV _____
- 15) UORCMDGNPA _____

Answer Key

CAMPGROUND	SUNGLASSES
TRAVEL	BEACH TOWEL
AIRPLANE	SWIMSUIT
PASSPORT	ISLAND
BOOGIE BOARD	DOLPHINS
JET SKI	SUNBATHING
SWIMMING	CRUISE
SIGHTSEEING	

Second Wind Dreams Cedarbrook Dream Catchers



**Dream
Big!**

Cedarbrook Dream Catchers is a chapter of Second Wind Dreams.

Our mission is to fulfill each and every resident's dream!

To help fulfill a dream, contact one of the board members listed below or submit a Dream Discovery form (located on all units) to the Cedarbrook Dream Catcher's board for review.

Connect with a Cedarbrook Dream Catcher's Board Member

Abbi Dennis
President of CDC
Administrative Secretary
abigaildennis@lehighcounty.org

Aimee Davidson
Treasurer of CDC
Financial Services
aimeedavidson@lehighcounty.org

Erin West, CTRS
Vice President of CDC
Assistant Director of Life Enrichment
erinwest@lehighcounty.org

Tara Pendrak, RN
Secretary of CDC
Assistant Director of Nursing
tarapendrak@lehighcounty.org

Jason Cumello, MBA, NHA
Director/ Administrator

Amber Surman
Social Worker

Residents' Council Minutes for July

The following resident right was read by June Cleaver:

Rights of Incapacitated Residents





If you are judged incapacitated under the laws of the state, a person will be appointed under state law to act on your behalf.

HIGHLIGHTS

New Business

- ◆ Assistant Director of Nursing, Tara Pendrak, introduced the new Director of Nursing, Teresa Samuels.
- ◆ Erin West, the Assistant Director of Life Enrichment, reviewed the upcoming activities for June and July.

House Activity Schedule- July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat																					
 1 10:15 Pinochle	2 2:30 Bible Study 3:15 Rosary 7:00 Trivia Games	3 10:15 Pinochle	4 10:15 Holiday Fun 2:30 Bruce Copp 	5 10:30 Needles & Hooks 2:30 Bingo	6 10:15 Puzzle Your Mind 2:30 Music Trivia	7 10:15 Social 2:30 Church w/ Chaplain Laura	8 10:15 Pinochle 2:30 Kris Phipany	9 2:30 Bible Study 3:15 Rosary 7:00 Name That	10 10:15 Pinochle 12:00 B-day Party 2:30 Women's Group	11 10:30 Bowling 2:30 Memorial Service	12 10:30 Needles & Hooks 10:30 Spanish Rosary (St. 5)	13 10:15 Puzzle Your Mind 2:30 Anything Goes	14 10:15 Social 2:30 CrossPoint Church	15 10:15 Pinochle 2:30 John Bauer	16 2:30 Bible Study 3:15 Rosary 7:00 Luaua w/ JR	17 10:15 Pinochle	18 10:30 Bowling 2:30 Resident Council/ Food Committee	19 10:30 Needles & Hooks 2:30 Bingo	20 10:00 LV Therapy Dogs on-unit 10:15 Puzzle Your Mind	21 10:15 Social 2:30 Church w/ Chaplain Laura	22 10:15 Pinochle 2:30 Chuck Rissmiller	23 10:00am-2:00pm American Apparel Traveling Clothing Store	24 9:00am-11:00am XMAS in July Sale! 2:00 Spanish Christian Service	25 10:30 Bowling	26 10:30 Needles & Hooks 10:30 Spanish Rosary (St. 5)	27 10:15 Puzzle Your Mind 2:30 Word Games	 
28 10:15 Social 2:30 Bill Schaeffer Ministries	29 10:15 Pinochle 2:30 Glenn Miller	30 2:30 Bible Study 3:15 Rosary 7:00 Craft Night	31 10:15 Pinochle																								